

## Positive Alternatives 2017 - 18 Quarterly Update

Grantee (Name and city): myHealth for Teens and Young Adults, Hopkins

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Goal: Provide case management and support services to pregnant and parenting teens and young adults through home visits which will result in positive birth outcomes, and will encourage and assist clients in caring for their babies after birth.

For the period/quarter: 01 July 2017-30 September 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	<p>myHealth Executive Director will monitor Becoming Program budget, expenditures, MDH invoicing and reporting requirements</p> <p>myHealth Clinic Director will supervise Becoming program manager and review client evaluations and program activities annually, or more frequently as needed</p> <p>Becoming program manager will hire and train new staff if there are openings in program</p> <p>Becoming program manager will evaluate nursing staff every 12 months, or more frequently as</p>		<p>No new staff during this reporting period.</p> <p>Although the number of positive pregnancies in clinic has decreased overall in the last year, we continue to complete follow-up calls and encourage participation in the Becoming Program to all positive pregnancies. During the quarter reported, 3 positive pregnancies were contacted.</p> <p>Becoming staff did not do any tabling in the community during the quarter.</p>	

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	<p>needed</p> <p>myHealth staff will provide current Becoming Program brochures and information to new and existing collaborative agencies through community tabling events</p> <p>myHealth clinic staff will make referrals to Becoming Program for all positive pregnancy clients confirmed in clinic</p> <p>myHealth Becoming Program manager or nurse will make follow-up calls within 1-2 weeks and encourage participation in the Becoming Program</p>			
<b>Outreach</b>	Promotion of Positive Alternatives programming		<p>Although the Becoming program staff did not do tabling during the quarter, anytime a myHealth staff member does tabling <b>all</b> programs are summarized and brochures and other information are available for participants.</p> <p>Three sessions of Young Moms Connect support group were held during this quarter. One session was attended by four clients. Three clients attended the other two sessions.</p>	
<b>Case Management Services</b>	<p>Fill out a needs assessment form with new clients to determine frequency of visits needed and additional services and/or information client might need</p> <p>Offer assistance and referrals to</p>	8 - 15	<p>All new Becoming clients complete a Needs Assessment upon entry to the program. During the quarter, 13 clients were served in over 60 home visits and 2 new clients joined the program.</p> <p>Clients were referred to resources such as WIC, Follow Along, Twin Cities Doula Project, Help Me Grow, Way to Grow, myHealth for</p>	69

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	<p>address additional client needs</p> <p>Working from the Becoming Program <b><i>Prenatal Checklist</i></b>, provide case management during “home visits” – these may be at sites like schools, restaurants, coffee houses, etc. in addition to private homes. Some phone calls qualify as a “home visit” when education and information is exchanged with a client in an extended phone call</p> <p>Upon delivery, working from the Becoming Program <b><i>Postpartum Checklist</i></b>, provide case management to new mothers during “home visits”</p> <p>Assist clients in developing a life plan for self-sufficiency, including both short-term and long-term goals</p>		clinical services, a MNSure Navigator for MA assistance and ECFE.	
<b>Material Support</b>	myHealth receives donations of supplies for both pregnant and parenting women. These supplies may include, but are not limited to: clothes, diapers, car seats, formula, safety equipment, maternity clothing, furniture for baby, etc.	8 - 15	Baby supplies such as diapers, equipment and breast feeding supplies have been the biggest request/need from our clients during this quarter. Other material support supplies that were given out this quarter include a baby gate, small kitchen appliances, baby clothes, books, and toys. One car seat was purchased for a client.	11

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	myHealth staff will ensure that all Becoming Program clients have access to the supplies they need, at no charge to the client. Utilizing grant funding, myHealth will purchase gift cards (not to exceed \$10 face value) to provide financial support for clients needing to purchase household and baby items.			
<b>Mental Health</b>	<p>Becoming Program staff assess all clients for prenatal or postpartum depression and current use of tobacco, alcohol and other drugs (ATOD)</p> <p>Utilize the Edinburgh Scale Assessment for postpartum depression</p> <p>Refer Becoming Program clients to myHealth therapist/counselor or outside mental health support, as needed</p> <p>myHealth therapist/counselor will contact or schedule Becoming Program client within 24-48 hours of referral, as needed</p> <p>Assess, educate, advise and assist every case management client concerning chemical use and their individual treatment plans at each</p>	8 - 15	<p>During the period reported, two new program clients were screened for mental health issues as well as postpartum clients or any other client that appeared to need screening. We completed 3 Edinburgh screenings and 3 PDPI depression screening (prenatal screening tool). Based on results, one client was referred to mental health services at myHealth, one was referred to a private provider. Two clients were already receiving MH services from private providers.</p> <p>We continue to monitor chemical use on an ongoing basis with all program clients.</p>	6

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	home visit Utilize the myHealth's Resource/Referral book to provide information and make referrals, as needed			
<b>Parenting Education</b>	Following the Becoming Program <b>Postpartum Checklist</b> , provide postpartum visits with each new mom and baby to assess infant's weight, mom's recovery, coping ability, etc. Teach parenting education to individual clients at home visits about topics including infant-parent attachment, nutrition, well baby care, feeding baby/child, sleep, safety, early literacy, etc. myHealth Becoming staff will ensure that parent education includes life skills such as household budgeting, cooking and healthy eating, relationship building, co-parenting, etc.	8 - 15	We have a total of 6 girls that are postpartum this quarter (and three clients gave birth in the middle of the reporting period). We completed a total of 28 visits following the Postpartum Checklist.  Becoming Program continues to have a 100% rate for initiating breastfeeding.	28

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<b>Pregnancy Education</b>	<p>Following the Becoming Program <b>Prenatal Checklist</b>, teach individual clients at home visits information about maintaining a healthy pregnancy i.e. nutrition, exercise, importance of prenatal exams, no chemical use, planning for labor and delivery, etc.</p> <p>Teach the childbirth preparation class at New Beginnings alternative school each quarter of the school year to all New Beginnings students</p>	8 - 15	<p>We have a total of 7 girls that were prenatal this quarter. We completed a total of 41 visits following the Prenatal Checklist.</p> <p>During the quarter we presented 8 prenatal education classes at New Beginnings and 2-5 students attended each class.</p>	41
<b>Provide Necessary Services to all clients - Referrals</b>	<p>Upon determination of need, ensure that all program clients have access to resources and information that they need to make responsible and well-informed decisions about their pregnancy. Including, but not limited to: Adoption programs, education assistance (GED, college), financial assistance, housing, food, legal aid, child care.</p> <p>Follow-up with clients to ensure utilization of referred resources.</p>	8 -15	<p>myHealth makes referrals for many services provided outside of the clinic and the Becoming program. The largest needs of our clients this quarter was ECFE and Follow Along.</p> <p>Transportation continues to be a problem for clients. Although the Becoming Program makes referrals to resources, many of our clients have difficulty accessing resources due to transportation issues.</p>	8

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	12
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	13
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	13
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	13

**Challenges:**

**Comments:**